



INTERNATIONAL FISHERIES EXHIBITION.

Cheap Recipes
for
Fish Cookery.

PREPARED BY

MRS. CHARLES CLARKE,

LADY SUPERINTENDENT OF THE NATIONAL TRAINING SCHOOL FOR COOKERY, SOUTH KENSINGTON.

WITH A SKETCH OF THE

OBJECT AND WORK OF THE SCHOOL.

LONDON :

WILLIAM CLOWES AND SONS, LIMITED,

INTERNATIONAL FISHERIES EXHIBITION, SOUTH KENSINGTON,
AND 13, CHARING CROSS, S.W.

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PRICE THREEPENCE.



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THE
GREAT INTERNATIONAL FISHERIES EXHIBITION,
LONDON, 1883.

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Fish Dining-room and Waitresses under Manager appointed by the Fisheries Committee.

THE OBJECT AND WORK
OF THE
NATIONAL TRAINING SCHOOL FOR COOKERY,
With Summary of Rules, Fees, etc.

THE establishment of the National Training School for Cookery is due to Her Majesty's Commissioners for the Exhibition of 1851, at the suggestion of the late Sir Henry Cole, who devoted much time and labour to the organisation of the Institution. An International Exhibition of the industries and products connected with Food took place in 1873, and the Commissioners resolved that Lectures illustrating Cookery should be given in connection therewith. These Lectures were given by Mr. Buckmaster, with practical demonstrations by a staff of cooks, and attracted so much public attention that, in the following year, a General Committee was formed and subscriptions raised for starting a National Training School for Cookery. The Commissioners agreed to grant the use of a building rent free, the Duke of Westminster consented to act as President, and the Hon. E. F. Leveson-Gower, M.P., accepted the duties of Chairman of the Executive Committee of Management.

The National Training School for Cookery was established to carry out the following objects:—

- (1) To train and qualify persons to become Teachers of

6 *National Training School for Cookery:*

Cookery in Training Schools, School Board Schools, Poor Schools, and similar institutions.

(2) To instruct persons desirous of acquiring a knowledge of the principles of cookery, and paying the necessary fees.

(3) To send Teachers, with the necessary apparatus for teaching the principles of cookery, to localities and Institutions in London and the Provinces willing to incur the attendant expenses.

Since the School opened, in March 1874, to 31st March, 1883, the number of people who have received instruction here is 19,107, at fees ranging from 6*d.* to £21; the total receipt of fees during that period being £14,272 4*s.* 4*d.*

Diplomas have been granted to 164 pupils, who have gone satisfactorily through the training for Teachers. These Teachers are employed all over the United Kingdom in other Schools for Cookery, in various School Board Schools, in Parochial Schools, and in some instances working on their own account as private Teachers; the salaries earned by these Teachers being from 60*l.* to 100*l.* a-year.

Classes have been held by our Staff Teachers in 140 Provincial towns at different times, and in many of the parishes and suburbs of London, in several of the Training Colleges, convents, and private schools.

The expenses of the School are very great, the principal one being the materials used by the pupils in their daily work. Great difficulty is experienced in bringing to the knowledge of the neighbourhood that there is a variety of well-cooked and dainty dishes ready for sale at *cost price* between 3 and 4 o'clock every afternoon except Saturday. All persons are freely invited to visit the School and purchase the dishes which have been prepared in the course of the teaching. If the School could be certain of selling the dishes cooked, the fees for Practice Classes could be considerably reduced, and the teaching consequently extended. Many improvements suggest themselves to the Committee, which cannot be carried out for fear of the expense. A good building, in a more prominent position, would remove many obstacles to the progress of the School, which could then meet one great and ever-increasing want, and train and supply good cooks for all classes.

The principles of the teaching are cleanliness, economy,

order, and method; to teach all classes to make the best of whatever materials they may have; to insure for the working man a wholesome meal nicely prepared, which will supply the nourishment he requires to enable him to do a hard day's work. The lassitude produced by bad food and hard work is a constant source of the craving for stimulants which drives the working man to the public house. This teaching will tend to lessen this evil and improve the health of the people. A more perfect knowledge of Cookery will develop thrift and good taste in the community, and be attended with those results which have so largely contributed to the comfort of some Continental nations.

SUMMARY OF RULES, FEES, ETC., OF THE NATIONAL
TRAINING SCHOOL FOR COOKERY.

Students are admitted to train for Teachers either by paying the Fees or by Votes of Subscribers.

Classes for Cooks and Students.

		£	s.	d.
Scullery Cleaning, for five Lessons ..	10 A.M. to 12 Noon	0	10	6
Ten Plain Cookery Demonstrations ..	10 A.M. to 12 Noon	0	4	6
Ten High Class Demonstrations ..	2 P.M. to 4 P.M.	0	10	6
Ten Plain Cookery Practice Lessons ..	10 A.M. to 4 P.M.	2	2	0
Ten High Class Practice Lessons ..	10 A.M. to 4 P.M.	3	3	0
Single Lessons, from 6d. to 10s. 6d.				

If the scullery work be omitted by students, the High Class Practice Kitchen fee will be £4 4s.; and the Plain Cookery Practice Kitchen fee will be £3 3s. Fees to be paid on entry.

Dishes cooked in the School are for sale every day (except Saturday) at **cost price**.

Recipes of many of the dishes taught at the School are sold there at 1d. and 2d.

Classes held in any part of the United Kingdom, if forty

8 *National Training School for Cookery.*

people will take tickets at 4s. 6d. for ten lessons, and thirty at 10s. 6d. for ten lessons.

Teachers sent to all parts for private lessons at moderate fees.

For full particulars, apply to the Secretary of the School.

By Order.

EDITH CLARKE,
Lady Superintendent.

May, 1883.

Various Economical Ways of Cooking Fish.

INTRODUCTORY REMARKS.

IN the few simple Recipes for Cooking Fish, which this little book contains, I have endeavoured to keep two points in my mind, economy of materials, and economy of utensils. It is hoped that these recipes may be of use to people who have not very much material, either in quantity or variety, to work with, and whose kitchen fittings consist of a few ordinary articles. With these facts in view, I have tried to give as much variety as possible. Clarified fat is used instead of butter, whenever it is possible; those who can afford *good* butter and who prefer it, can use it instead of clarified fat. In the same way lemon-juice can be used instead of vinegar. Clarified fat, which you prepare for yourself, is, I think, much more wholesome and more palatable than inferior butter or cheap oil. There is no recipe in this collection that cannot be perfectly carried out on the most ordinary stove. We are cooking in this Lecture-room by gas only, because we find it so much better for the Teacher and her audience that she should be able to face them all the time she is explaining and cooking; all that the Teacher does can be thoroughly seen, nothing is done that is not seen, which might be the case if she had to turn her back to her audience every now and then to attend to her saucepans on a stove behind her.

I have not attempted to give the prices of the materials anywhere in these recipes, because I think it is misleading, as prices differ so much even in different parishes in London, and some women also shop to so much better

advantage than others. A sensible woman, who knows what she is about, will get her materials for much less than another woman, with less experience, would give for the same things. So on the subject of cost I will only advise people not to buy inferior or stale goods if they can help it, or things out of season. They are not so wholesome, and the latter are more costly.

The fish cooked in this lecture-room will be the kinds not often seen in London, but which should become more generally known than they are at present, because they are quite as nourishing and as good for food as the cod, soles, whittings, and many other of our old friends, who, unfortunately, from the great demand for them, are becoming daily more costly and more difficult to get. Here we have

Coal-fish,
Cat-fish,
Hake,
Ling,
Conger,
Roker,

Skate,
Weavers,
Dog-fish,
Gurnard,
Plaice,
Dabs.

Of these cat-fish is very nice, steamed or fried in slices. Conger makes delicious pies or soup. Coal-fish rather wants flavour, but curries well. Hake is a nice fish, it makes a good pie, and is nice fried in batter. Roker is very good, steamed or fried. Ling makes very good soup. Skate is good in various ways as fricassee, or plain boiled with parsley and butter sauce, or as kedgeree, etc. Weavers are good, plainly baked or fried. This fish must be skinned, and the heads and the dorsal fins must be cut off, as they are injurious. The flesh is very white and firm, like a sole. Gurnard are best stuffed and baked like haddocks. Dog-fish should be salted, or split open and grilled, or plainly baked, with pepper and salt sprinkled over them, and a little piece of butter put on them when they are hot. The more watery and less firm kinds of fish are better steamed than boiled, in fact, I think all fish is better steamed than boiled, and not so likely to break. Cold fish makes many delicious dishes, such as fish-cakes, kedgeree, salad, scollops, fish-pudding, fricassee, etc. Always take the fish

off the bones, and take away the skin while it is hot, as this is very difficult to do when it is cold, and more wasteful. The bones make stock and liquor for sauces, and should not be thrown away.

Of freshwater fish the best are perch, pike, tench, gudgeon, roach, dace; carp, chub, and barbel, are inferior, they are woolly and often muddy in flavour. All freshwater fish should be cleaned as soon as it is caught, and filled with salt, to take away the taste of mud and make the flesh firm; the salt must be washed out before cooking. Freshwater fish, from the character of its flesh, does not boil or steam well; the smaller kinds should be very well fried, and the larger baked. In this book the recipe for stuffed and baked haddock is equally good for pike. Large perch make good water *souché*; small ones should be fried like whitebait, well dried in flour and fried in very hot fat. Gudgeons are really delicious well fried. Roach and dace should also be fried. Tench, if caught in clear water and of good size, make a very good stew. Perch have such large gills, that it is as well to clean them through the gills, and not to cut them open. I will conclude by asking the public to remember that the object of these recipes is to make cheap fish palatable at the smallest possible cost of materials, utensils, and labour; the dishes prepared here are as nourishing, wholesome, and tasty as they can be made under these restrictions, and are brought within reach of the smallest household.

EDITH CLARKE,

*Lady Superintendent of the National Training School
for Cookery, South Kensington.*

May, 1883.

To Clarify Fat.

Cut up any scraps of cooked or uncooked fat into small pieces, and put them into a stewpan with enough cold water to thoroughly cover them. Let this boil with the lid off until all the water has evaporated or boiled away in steam, and nothing is left of the pieces of fat but dry brownish bits. You must stir it occasionally for fear it should burn. When this has cooled a little it must be strained through an old sieve or strainer into a basin. When quite cold it makes a cake of pure white fat, which is used to fry in instead of lard or oil. It is also used in plain cooking in the place of butter. A good basin full of fat will last a long time for frying in, provided it is not allowed to burn, if it burns it is spoilt and must be thrown away. Fat should always be strained after you have used it, to get out all the little pieces of bread-crumbs, etc., which would stick to whatever was fried in it next time; it can be reclarified very often, and fresh fat added to it. If you have not enough pieces of fat left from the trimmings of your meat, it can be bought of the butcher for from fourpence to eightpence the pound. Fish and meat must not be fried in the same fat. To clarify dripping.—Pour it out of the dripping-pan into a basin with about half a pint of cold water; when it is cold take the cake of dripping off the water, scrape all the sediment off the bottom of the cake and wipe it dry; throw away the water, which will contain all the impurities.

Fish Soup (White).

Ingredients.

- Three pounds of Fish, bones and fins.
- Three quarts of cold water.
- A teaspoonful of Salt.
- One Leek.
- One Onion.
- One Carrot.
- A good bunch of Parsley or Parsley roots.
- One Bay-leaf.
- One sprig of Thyme.

Three or four sticks of Celery.
Three Cloves.
One small blade of Mace.
One pint of Milk.
One ounce of Fat or Butter.
Three tablespoonfuls of Flour.

Do not use herrings or mackerel for soup; ling, conger, hake, or skate are best. Take three pounds of fish, bones and fins do very well, chop them up, wash them, put them into a saucepan with three quarts of cold water and a teaspoonful of salt, when it boils skim it well, and then add the vegetables, previously washed and cut up, also the cloves, mace, and herbs. Let this all boil gently for an hour and a half. Mix the flour into a smooth paste with a gill of milk, stir this into the soup, stir till it boils again to cook the flour, then add the rest of the milk and the butter or clarified fat, and when it has boiled for another ten minutes, strain it into a soup tureen or basin into which you have previously put a teaspoonful of finely chopped parsley and a little cooked carrot nicely shredded.

Curry Soup from Fish.

Ingredients.

Three pounds of Fish or Fish Trimmings.
Two ounces of Butter or Fat.
Three Cloves.
Two Onions or Leeks.
One Apple or a stick of Rhubarb.
One Carrot. [Parsley.
A bunch of Herbs, Thyme, Marjoram, Bay-leaf and
Three tablespoonfuls of Flour.
Two ounces of Curry Powder.
Four quarts and half a pint of Water.
Salt.

Cut up the fish and wash it clean. Put it into a saucepan with the fat or butter, the apples and the vegetables washed, peeled, and cut up, and the herbs. Let all this cook for about ten minutes. Then add four quarts of cold water. Mix the flour and curry powder into a smooth

paste, with half a pint of cold water, and stir it into the soup. Stir till it boils, then skim it well, and let it boil gently for an hour and a half. Strain it into a tureen, and add to it one pint of cooked rice and some pieces of cooked fish neatly cut up.

Fish Soup (Brown).

Ingredients.

Three pounds of Fish or Fish Trimmings.

Two ounces of Fat.

[and Basil.

Bunch of Herbs, Parsley, Bay-leaf, Marjoram, Thyme,
One Onion.

One Leek, three sticks of Celery.

One small Carrot.

Twelve whole Peppers ; Salt.

Two ounces of Rice.

Three quarts of Water.

Three ounces of Flour.

Chop up the onion, leek, celery, and carrot. Add the flour, pepper, salt, herbs, and fry them a nice brown in the fat. Put the lid on the saucepan, and let these cook for about ten minutes. Take care it does not burn. Then add three quarts of cold water, and the fish cut up. Stir till it boils. Let it boil for one hour, then strain it, and put into the tureen about two ounces of rice, previously boiled, and a little shredded carrot, cooked separately. Pour the soup on these, and serve.

Curried Fish.

One pound of Fish.

One Apple or a stick of Rhubarb.

Two ounces of Fat or Butter.

Two Onions ; one pint of Water or Fish Liquor.

One tablespoonful of Curry Powder.

One tablespoonful of Flour.

Salt and Pepper.

A teaspoonful of Lemon Juice or Vinegar.

Cut up the onion, apple, or rhubarb into small pieces and put them into a saucepan with the butter or fat, and let

them fry till they are brown. Then stir the curry powder and flour to them. Add the salt and pepper, and stir in gradually one pint of water or fish liquor. Let this all boil up and simmer gently for half an hour. Just at the last stir in the lemon juice or vinegar. Then strain it, returning it to the saucepan with the one pound of fish cut up into nice pieces, to get hot through. If you have no cold fish, but cook some on purpose to curry, boil it in one pint of water, and use this water to make the curry of. Serve the curry in a border of boiled rice.

To boil Rice.

Ingredients.

Half a pound of Patna.
Quarter of a teaspoonful of Salt.
Four Quarts of Boiling Water.

Well wash the rice in cold water. Put it into four quarts of boiling water, with a quarter of a teaspoonful of salt, and let it boil fast for fifteen to twenty minutes. When it is quite tender strain it into a colander, and take it to the sink. Turn the cold water tap on to it for two or three seconds. Turn it into a clean dry stewpan by the side of the fire, with the lid half on, to dry and get hot. Shake it occasionally, to prevent it from burning. When dry it is quite ready to serve.

Skate Soup.

Ingredients.

Two pounds of Skate.
Two pounds of Ling.
One Lemon peel.
Bunch of Sweet Herbs.
Two blades of Mace.
Whole Peppers.
Parsley.
Horse-radish.
The Crust of a Penny Roll.
One ounce of Vermicelli.
Six quarts of Water.

Boil two pounds of skate in six quarts of water. When cooked take out the fish and pick it from the bones; put the fish on one side, and return the bones to the liquor with two pounds of ling, the peel of a small lemon, a bunch of sweet herbs and parsley, two blades of mace, a piece of horse-radish, and the crust of a penny roll. Let this all boil for three hours, till reduced to two quarts, then strain it off; add one ounce of vermicelli to the liquor, and let it boil gently till it is cooked. Just before serving put in some nice pieces of the skate. The rest of the skate can be served separately with parsley and butter sauce.

Very simple Water Souché.

Ingredients.

Plaice, Dabs, or Flounders.
Water.
Salt.
Parsley.

Take plaice, dabs, or flounders, wash them clean, cut off the fins, and put the fish into a stewpan with just enough cold water to cover them; add a little salt and a good bunch of parsley; boil gently till the fish is cooked. Strain the liquor into a tureen, put in the fish and a teaspoonful of finely chopped parsley. Hand parsley and butter sauce.

Water Souché (another way).

Ingredients.

Flounders or Dabs.
One Onion.
One small Carrot.
Parsley.
Salt.
One gill of Milk.

Thoroughly clean the fish, and put it into a saucepan with cold water—enough to cover it; add a little salt, the

onion and carrot shredded, and a handful of parsley chopped finely. Boil gently till the fish is cooked, then add as much milk as will turn the water white, about one gill. Serve all together in a soup tureen.

Bouillabaisse.

Ingredients.

One Spanish Onion.
Two pounds of Fish of all kinds.
One quart of Fish liquor or Water.
A Clove of Garlic.
Four Cloves.
Twelve whole Peppers.
One Carrot.
Parsley, Thyme, Marjoram, and Bay-leaf.
Two Ounces of Oil.

Shred the onion, garlic, and carrot nicely, and fry a light brown in the oil; then add the water or stock, and the fish cut into neat pieces. Tie parsley and herbs together and add; let all boil gently together for about twenty minutes. Take out the bunch of herbs, and pour the soup into a tureen on to some fried sippets of bread, and serve.

Conger Pie.

Ingredients.

One pound of Conger.
One teaspoonful of chopped Parsley.
One teaspoonful of chopped Onion.
One teaspoonful of chopped Suet.
One teaspoonful of Flour.
Pepper, Salt, Nutmeg, and Mixed Herbs.

Mix the above ingredients altogether; cut the fish into neat pieces, and lay them in a pie-dish, sprinkle a little of the seasoning between each layer of fish till the dish is full;

put two ounces of butter on the top in little pieces. Make a paste as follows:—

One pound of Flour.
 Five ounces of clarified Fat or Butter.
 A teaspoonful of Baking-powder.
 Salt.
 Water.

Rub the fat well into the flour; add baking-powder, a little salt, and enough water to make a paste. Flour a board and roll the paste out two or three times. Wet round the edge of the pie-dish with cold water, cut a slip of the paste, and lay it on the edge of the dish, wet this edge of paste again, and cover over the dish with the rest of the paste, close the edges neatly round, cut off the remaining paste, make a hole in the top of the pie, and bake in a moderate oven one hour. Make a richer crust if you like, by using three-quarters of a pound of flour and half a pound of fat or butter, and no baking-powder.

Herring Pie.

Ingredients.

Three Herrings.
 One blade of Mace, ground.
 One Apple.
 One Onion.
 Pepper and Salt.
 One teaspoonful of Chopped Parsley.
 Half gill of Water or Fish Liquor.
 Half ounce of Fat or Butter.

Cut off the heads and tails of the herrings, and sprinkle a little pepper, salt and ground mace over them. Grease a pie-dish, and lay the fish in it. Cover the fish with chopped apple, onion and parsley, and put little pieces of fat or butter on the top. Add half gill of fish-liquor or water. Cover with a nice crust as in conger-pie, and bake one hour.

Salt Fish Pie.*Ingredients.*

One pound Salt Fish.
Two ounces Bread Crumbs.
Parsley, Nutmeg and Pepper.
One teaspoonful of Mustard.
One ounce of Butter or Fat.
Two gills of Milk.

Soak the fish all night, then boil it. Take away the skin and bones, and mince it up finely. Boil the crumbs in the milk with the butter, mustard, pepper, grated nutmeg, and a teaspoonful of chopped parsley, mix all this with the fish, grease a pie-dish and put the mixture into it, cover with a crust of mashed potato, and bake in a quick oven till the potato is a golden brown.

Fish Omelet.*Ingredients.*

Dried Haddock.
One dessert spoonful of Cheese (Parmesan).
Cayenne, Salt, Nutmeg.
Three Eggs.
One ounce of Butter.

Break the eggs, separating the yolks and whites, sprinkle into the yolks a little salt, cayenne, nutmeg, and the cheese, stir all together. Take a good tablespoonful of cooked dried haddock, and cut it up into small pieces. Add a pinch of salt to the whites of egg, and whip to a stiff froth. Stir the whipped whites very lightly to the yolks, etc. Melt one ounce of butter in an omelet pan, pour in the eggs, let them just set a little, then put in the fish, and stir all together till the omelet is cooked, turn it towards the handle of the pan, and with the spoon turn it over for a moment, and then turn it out on to a hot dish.

Boiled Fish.

Put a saucepan or fish-kettle of water on the fire to boil. Clean the fish thoroughly in cold water, and put it on to a strainer or dish. When the water is warm put the fish in and some salt (there should be enough water to cover the fish). Let it simmer gently from twenty minutes to three quarters of an hour according to the size of the fish. Skim it occasionally. When we find the skin of the fish is cracking, we shall know that it is sufficiently boiled. Take it carefully out, place on a hot dish and serve with melted butter or egg sauce.

Melted Butter.*Ingredients.*

One ounce of Butter. Half an ounce of Flour.

Melt the butter in a saucepan over the fire, and stir in the flour; then add one and a half gills of cold water, stirring it to make it smooth until it boils and thickens. It should boil well to cook the flour, nothing is so nasty as the taste of raw flour in sauces.

Fish Stuffed and Baked.*Ingredients.*

One Haddock.
 Two tablespoonfuls of Bread-crumbs.
 One dessertspoonful of Chopped Parsley.
 One teaspoonful of Chopped Herbs.
 Pepper and Salt.
 Two ounces of Suet.
 One Egg.
 Two ounces of Fat.

Wash the fish clean and dry it in a cloth. Mix two table-spoonfuls of bread-crumbs with the chopped herbs and parsley; add pepper and salt to taste, and two ounces of chopped suet. Stuff the stomach of the fish with this mixture, and sew it up. Egg and bread-crumbs the fish, and truss it in the shape of the letter S. Put it on a greased tin and bake for half an hour, basting it frequently with

dripping. Before serving take out the cotton which sewed up the fish.

To Steam Fish.

In a small house, when you have not got a fish steamer, fish can easily be steamed in a fish kettle by putting a basin in and standing the strainer on the basin with enough water to come half-way up the basin. As the water boils away add more boiling water from the kettle. If you have only a saucepan and no fish kettle turn a pie-dish upside down in the saucepan and place the fish on the dish, anything just to raise the fish out of the water and let it cook in the steam. One thing is quite necessary and that is a properly fitting cover to whatever you steam in, to keep the steam well round the fish, or it will not cook properly but will get sodden and nasty. Fish takes rather longer to steam than to boil, and some kinds of fish take more cooking than others. When it begins to crack it is cooked, and leaves the bone easily.

Herring Toast Sandwich.

One Bloater.

Choose a bloater for this purpose, not too dry, split it in two down the back, lay it upon a plate and pour a pint of boiling water over it, let it soak five minutes; place it upon a cloth to dry, then broil it very gradually upon a gridiron. When well done, which will be in about five minutes, have ready two thin slices of toast made very crisp, butter them lightly, then take away all bones from the herring, lay the fleshy parts equally upon one piece of toast, and cover with the others. Serve very hot.

Potted Fish.

Ingredients.

Six Herrings or three Mackerel.

Thirty Peppercorns.

One blade of Mace.

One Shalot.

One gill of Vinegar. Salt.

Wash and clean the fish thoroughly, it can be cut in thick pieces, or the head may be taken off, the bone removed, and the herring rolled up. Place the fish in a stone jar with the flavourers and vinegar, tie a piece of brown paper tightly over it and place in a slow oven for two hours, or it may cook in a baker's oven all night.

Fish Pie with Potato Crust.

Ingredients.

- One pound of cold Fish.
- Pepper and Salt.
- One-and-a-half pounds of cold Potatoes.
- One ounce Dripping.
- Two tablespoonfuls of Milk.

Rub the potatoes through a sieve if you have one, if not, put them into a basin and break them up well with a fork. Melt the dripping with half the milk and stir into the potatoes. Break the fish up into small pieces, put it into a pie-dish and sprinkle it with pepper and salt, add the rest of the milk or some fish liquor. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water, mark it over with a fork and bake it for three-quarters of an hour.

A Cake of Cold Fish.

Ingredients.

- Half-pound cold Fish.
- Two ounces Bread-crumbs.
- One Onion.
- Half ounce Fat.
- Half gill of Milk or Fish liquor.
- One teaspoonful of Chopped Parsley.
- Two yolks and one white of Egg.

Grease a cake-tin, and well cover it with bread-crumbs that have been browned in the oven. Mince the onion and parsley and cook them in a saucepan in the fat, mince the fish and stir into the fried onion and parsley. Take the

saucepan off the fire and stir in the bread-crumbs the milk or liquor and the eggs beaten. Pour this all into the cake-tin and bake in a moderate oven three-quarters of an hour. Turn out and serve with melted butter.

Fish Fried in Batter.

Ingredients.

Four ounces Flour.

One gill of tepid Water

One tablespoonful of Salad Oil.

Salt.

The Whites of two Eggs. (These may be left out.)

Put the flour into a large basin, with half a saltspoonful of salt, stir in gradually the salad oil and tepid water. One ounce of butter or fat will do instead of oil, if more convenient, but it must be melted before it is added to the flour. Beat the whites of egg to a stiff froth and stir them into the flour very lightly. In winter clean snow can be used instead of the whites of eggs. All batter is the better for standing before it is used, but if you make it without any egg it *must* stand about four hours. Take the fish you are going to fry off the bones and cut it up into nice sized pieces, dip them into the batter, and taking them in and out with a skewer, and fry them in boiling fat. Mind the fat must be well strained after this, as pieces of the batter will be sure to stick to whatever is next fried in it.

How to Fry.

To fry is to *boil* in fat, therefore the fat must *boil*, and it must *cover* whatever you wish to fry. When *fat* boils it is quite still—leaves off moving or bubbling, and a thin blue smoke or vapour rises from it. Fat can be kept a long time to fry in ; it should be strained after using, and it can be clarified often, provided that it is not allowed to burn ; if it is burnt it is spoilt. Meat and fish should not be fried in the same fat.

Fried Plaice.*Ingredients.*

One Plaice.
One Egg.
Bread-crumbs.
Dripping for frying.

Wash and dry the fish, cut it up into slices or filets. Dry the pieces with a little flour, break an egg on to a plate, brush the fish over well with the egg, shake it in some bread-crumbs, press them firmly on with the palm of the hand.

Put the pieces of fish into a stewpan of boiling fat, they must not touch each other in the fat; when fried brown take each piece out carefully on to some kitchen paper to drain. Dish in a circle with fried parsley in the centre.

Fish Cakes.*Ingredients.*

One pound of Fish.
Half pound of Potato.
Two ounces of Fat.
Two Eggs.
Pepper and Salt.

Boil the fish as shown in the "Boiled Fish" recipe, or use up any remains of cold fish for this purpose. Cold potatoes may also be used instead of boiling fresh ones; put the potatoes through a wire sieve, add the pieces of fish broken up small, the yolk of one egg; the fat melted, salt and cayenne pepper. Make the mixture up into balls of one tablespoonful each, flatten them into cakes, brush them over with egg, cover with bread-crumbs, and fry in hot fat.

This mixture may be made into a fish pudding. Grease a flat tin, and shape the mixture as much like a fish as possible, brush it over with egg, and bake for a quarter of an hour.

Kedgerree.*Ingredients.*

Half a pound of Boiled Fish.
Quarter of a pound of Rice.
Two Eggs.
Two ounces of Butter.
Cayenne Pepper, Salt, and Nutmeg.

Wash and boil the rice ; boil the eggs very hard ; break the fish in pieces, and carefully remove all the bones ; take the eggs, break off all the shell, and cut the whites into small square pieces. When the boiled rice is dry, melt the butter in a stewpan, and add the rice to it, then add the fish, white of egg, cayenne pepper, a little grated nutmeg, and salt. Mix them well together, and serve on a hot dish, and sprinkle the yolks of egg over it. Dried haddock makes very nice kedgerree.

Stewed Eels (White Sauce).*Ingredients.*

One pound of Eels.
Half-pint of Water.
One ounce of Flour.
One ounce of Butter.
One teaspoonful of chopped Parsley.
Cayenne Pepper and Salt.

Cut the head off the eel, skin it from the head down, clean it well, cut it up into pieces two or three inches in length, and put it into a stewpan with half-pint of cold water ; when it boils, skim it well, and let it simmer for ten minutes. Mix one ounce of flour into a smooth paste, with a little cold water, add a little cayenne pepper and salt, and stir this to the eels ; let it boil about five minutes longer to cook the flour. At the last, stir in one ounce of butter and a teaspoonful of chopped parsley, and serve, putting the pieces of fish in the centre of a dish, and pouring the sauce all round them.

Stewed Conger.*Ingredients.*

One pound of Conger.
 Half-pint of Water.
 Cloves, Mace, Whole Pepper.
 Herbs, Thyme, Marjoram, and Bay-leaf.
 Parsley.
 One Onion.
 One ounce of Flour.
 One ounce of Butter.
 One gill of Milk.

Cut up the fish into convenient pieces, and cook it gently in half-pint of water, with one small onion cut up, a blade of mace, three cloves, a few whole peppers, and a bunch of herbs. When cooked take out the pieces of fish and strain off the liquor; mix one ounce of flour with one ounce of butter, stir it into the liquor over the fire until the flour is cooked, then add one gill of milk, a pinch of salt, and a little chopped parsley. Pour this sauce over the fish and serve.

Eels Stewed (Brown Sauce).*Ingredients.*

A pint of good Gravy or Meat Stock.
 One pound Eels.
 One Onion.
 Sweet Herbs.
 Whole Peppers, a little Salt.
 A blade of Mace.
 A dessert-spoonful of Mushroom Ketchup.
 One ounce Butter.
 Half-ounce Flour.

Fry the onion chopped up, with the herbs and the flour in the butter, till a nice brown; then stir in the pint of gravy, the mace and peppers, and a pinch of salt. Cut the eel up into pieces and add it; let it stew slowly till the fish is cooked about half an hour. Take out the fish, add a spoon-

ful of mushroom ketchup to the sauce, give it a quick boil up, strain it over the fish, and serve very hot.

Skate Fricassee (White).

Ingredients.

One pound Fish.
Half-pint Water.
Quarter-pint Milk.
Mace, Nutmeg, Sweet Herbs.
One ounce Butter, one ounce Flour.
Teaspoonful of Lemon Juice.

Cut up the fish into nice pieces and boil it for a few minutes (about five minutes) in half a pint of water, with a blade of mace, a bunch of sweet herbs, a little nutmeg, and a little salt. Take out the herbs and the mace, add quarter pint of milk and the butter and flour worked together; stir till the flour is cooked. Add a teaspoonful of lemon juice, and serve.

Brown Fricassee.

Ingredients.

One pound Fish.
One ounce Flour.
One ounce Butter or Fat.
Pepper, Salt, bunch of Sweet Herbs.
Blade of Mace, teaspoonful of Lemon Juice.
One Onion, half-pint of Fish Stock or Water.

Cut up the fish, and roll each piece in a little flour, and fry it a nice brown. Fry one ounce flour in one ounce butter or fat, and stir in a little pepper, ground mace, one onion chopped up, a small bunch of herbs, and a little salt. When this has all fried a good brown, add half-pint of fish stock or water, and stir all together till the flour thickens and is cooked; then strain it, add a teaspoonful of lemon juice or vinegar. Put the pieces of fried fish into this sauce, make all hot together, and serve.

Broiled Herrings (Mustard Sauce).*Ingredients.*

Three Fresh Herrings.
 One ounce Flour.
 Half-pint Vinegar.
 Six whole Peppers.
 One Onion.
 One teaspoonful of Mustard.

Cut the heads off the fish, wash them clean, dry them in a clean cloth, notch them across with your knife, flour them, and broil them. Take the heads and smash them up, boil them in vinegar with six whole peppers and one onion for quarter an hour, then strain them. Mix one ounce butter, half-ounce flour, and a teaspoonful of mustard; stir this into the vinegar till it thickens and is cooked. Pour the same over the herrings, and serve.

To broil Weavers.

Wash them clean, cut off their heads and skin them; flour them well, and broil them a nice brown. Serve with melted butter.

To broil Mackerel.

One Yolk of Egg.
 Nutmeg.
 Lemon Peel.
 Chopped Thyme and Parsley.
 Pepper and Salt, and few Bread Crumbs.
 A little Flour.

Cut off the heads. Pull out the roes at the neck end, boil them in a little water. Bruise the roes with a spoon. Beat up the yolk of an egg, and add to it a little grated nutmeg and lemon peel, a little chopped parsley and thyme, pepper and salt, and a few bread-crumbs. Mix all well together, and stuff the mackerel with it. Flour the fish well, broil them, and serve with melted butter.

To broil Herrings and Cabbage.

One Cabbage.
One ounce Butter.
Pepper and Salt.
Red Herrings.

Boil a cabbage till quite tender ; strain it, and put it into a saucepan with one ounce of butter or fat, and a little pepper and salt ; stir it that it does not burn, and chop it up with the spoon. Flour and broil some red herrings, put the cabbage on a dish, lay the fish on it, and serve very hot.

Baked Fish.

Butter a tin and put the fish on it, sprinkling a little pepper and salt over it. Butter a sheet of kitchen paper, and cover the fish closely over with it. Put this in the oven, and when the fish is cooked—it will take from ten minutes to half an hour, according to the size of the fish—take off the paper, put the fish on a dish, and sprinkle over it a little finely chopped parsley ; then strain over it the liquor on the tin in which the fish was baked : this is the essence of the fish. Serve very hot. Almost all fish is nice cooked this way.

Dried Haddocks.

These fish should be scalded before they are cooked. Put a dried haddock into a basin or a pie-dish, and pour boiling water over it. Let it soak in this for about five minutes, then take it out of the water and skin it ; dry it in a clean cloth, put it on a buttered tin, cover it with buttered paper, and bake it in the oven for about ten minutes. When it is cooked, strain over it the liquor left on the tin in which it was baked, put a little piece of cold butter on it, and serve.

Fish Pasties and Patties.

One pound of Fish.
 Half pound of Potatoes.
 One teaspoonful of chopped Parsley.
 One teaspoonful of chopped Onions.
 A little Sweet Herbs.
 One pound of Flour.
 Five ounces of Fat.
 One teaspoonful of Baking-powder.

First make the paste. Rub the fat well into the flour, then add the baking-powder, a pinch of salt, and enough cold water to mix it into a stiff paste. Flour a board and roll out the paste two or three times, then cut it out into round pieces with a saucepan-lid or a cutter. Cut up the fish and potatoes into small pieces and place a little fish and potato on each piece of paste, sprinkle over this a little of the chopped parsley, onion, herbs, pepper and salt, and a few drops of fish liquor. Wet round the edge of the paste with cold water, fold it over and pinch the two edges together in plaits. Put these pasties on a baking sheet into the oven and bake for about half an hour. The same ingredients will make patties. For these roll the paste out thin, line some patty pans with it, fill them with the fish, potato, and seasoning as above, cover over neatly with paste and bake about half an hour.

Fish and Potato Salad.*Ingredients.*

A tablespoonful of mashed Potato.
 A tablespoonful of Milk.
 Two tablespoonfuls of Salad Oil.
 One tablespoonful of Vinegar.
 Dessert-spoon of Mustard ready made.
 Pepper and Salt; a little Sugar.
 Cold Fish. Salad as in season.

Mash the potatoes while they are warm, and stir to them the oil, vinegar, mustard, pepper, salt, sugar and milk; mix

well and stir to a smooth dressing. Well wash the salad, lettuce, etc., according to the season, shake the water well off the leaves and dry lightly in a clean cloth. Then tear up the leaves lightly with your hands—salad should not be cut up—put this on a dish, break up any pieces of cold cooked fish you may have and put on the salad, pouring the dressing of potato, oil, etc., over it all.

Scolloped Fish.

Ingredients.

Cold cooked Fish of any kind.
Bread-crumbs.
Butter.
Pepper and Salt.
Fish Liquor.

Butter a scollop tin, sprinkle on it a layer of bread-crumbs, then a layer of fish broken up into pieces, some pepper, salt, and bits of butter, cover this with more bread-crumbs and bits of butter, pour on a little drop of fish liquor and bake ten minutes.

Dried Haddock and Tomatoes.

One dried Haddock.
One small Onion.
Two Tomatoes.
One ounce of Butter.
Pepper and Salt and Parsley.

Soak the fish for three or four hours, then skin it, take out all the bones and break up the fish into flakes. Slice the onion and tomatoes, chop up the parsley, sprinkle with pepper and salt and cook all in the butter till quite soft; then add the fish and cook for ten minutes longer. Dish up in a border of boiled rice or mashed potato.

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